



THE CENTER FOR COUNSELING AND MENTAL HEALTH WELLNESS

Services offered by the Center for Counseling and Mental Health Wellness are free for enrolled students of Tennessee Tech and are confidential. Our mission is to promote healthy student development during the college experience.



DIGITAL STRESS

Contact Us:



Phone
931-372-3331

Eagle Eye Crisis Hotline
855-206-8997



Email
counsel@tntech.edu



Address
Roaden University Center Room
307



This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider. This is not intended for diagnostic purposes.



Smartphones and computers can help you stay connected, informed, and entertained. They can also make you feel anxious, overwhelmed, or emotionally and mentally drained - this is called digital stress.

Signs and symptoms:

- **Mental:**
 - Anxiety or irritability after being online
 - Trouble focusing or sleeping
 - Feeling overwhelmed by digital demands
- **Physical:**
 - Eye strain
 - Headaches
 - Poor posture or fatigue
- **Behavioral:**
 - Doomscrolling or compulsive checking
 - Avoiding tasks
 - Difficulty unplugging



Taking care of yourself

Start with setting boundaries with your devices - use the 'do not disturb' feature or schedule yourself a digital time-out daily. Protect your mind by curating your feed and limit exposure to toxic content. Use apps like Calm or even our own Welltrack Boost app to promote mindfulness and purpose. Make your face-to-face relationships a priority; put your phone away and schedule time with your friends and family.

Common sources of digital stress:

- Constant notifications
- Social media pressure
- School/work and life balance
- Fear of missing out (FOMO)
- Cyberbullying or online conflict
- Social comparison
- Sleep disruptions

Reclaim your time and peace of mind.